

About Holly L. McClung, Nutritional Physiologist, MS RDN CSSD LDN

Ms. McClung is a Nutritional Physiologist for the Military Performance Division at the United States Army Research Institute of Environmental Medicine (USARIEM) in Natick, MA. She has earned her Master of Science Degree in Nutritional Biochemistry from the University of New Hampshire and obtained her certification as a Registered Dietitian through coursework at Cornell University and the Cleveland Clinic Foundation. Ms. McClung is dual-trained in nutrition and exercise physiology, holding certifications as a Certified Specialist in Sports Dietetics (Commission on Dietetic Registration) and Certified Exercise Physiologist (American College of Sports Medicine).



She functions as a principal investigator focused on designing and implementing experimental human physiology research to quantify and model individualized energy and nutritional needs of modern Warfighters. She has published more than 40 peer-reviewed publications and holds two patents on a novel, low-cost and hands-free metabolic sensor system intended for personal use. Her current work focus has been on characterizing the physiological, metabolic, and cognitive profile of the unique cohort of elite female warfighters and assessing the association between body composition and physical performance for the current Army population.